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Food Additive in Pizza, Pancakes Linked to Lower Sperm Counts

Dr. Naomi Wolf sounded the alarm about sodium aluminum phosphate, a food additive found in many baked goods and processed foods, citing peer-reviewed studies suggesting ingesting aluminum compounds could lead to oxidative stress, DNA damage and decreased testosterone levels and sperm counts in male mammals.

By John-Michael Dumais

14

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An ingredient commonly found in many baked goods and processed foods — including school lunches — may cause oxidative stress, DNA damage and decreased testosterone levels and sperm counts in male mammals, according to Dr. Naomi Wolf.

In a March 7 Substack article and video, Wolf highlighted the widespread use of sodium aluminum phosphate in everyday food products, from pancake mixes and baking powders to processed cheeses and frozen pizzas.

Citing peer-reviewed studies, Wolf connected the scientific findings to broader trends in reproductive health and masculinity.

"Blood testosterone, gentlemen and ladies, that is your libido," she said. "And sperm counts is fertility."

What is sodium aluminum phosphate and where is it found?

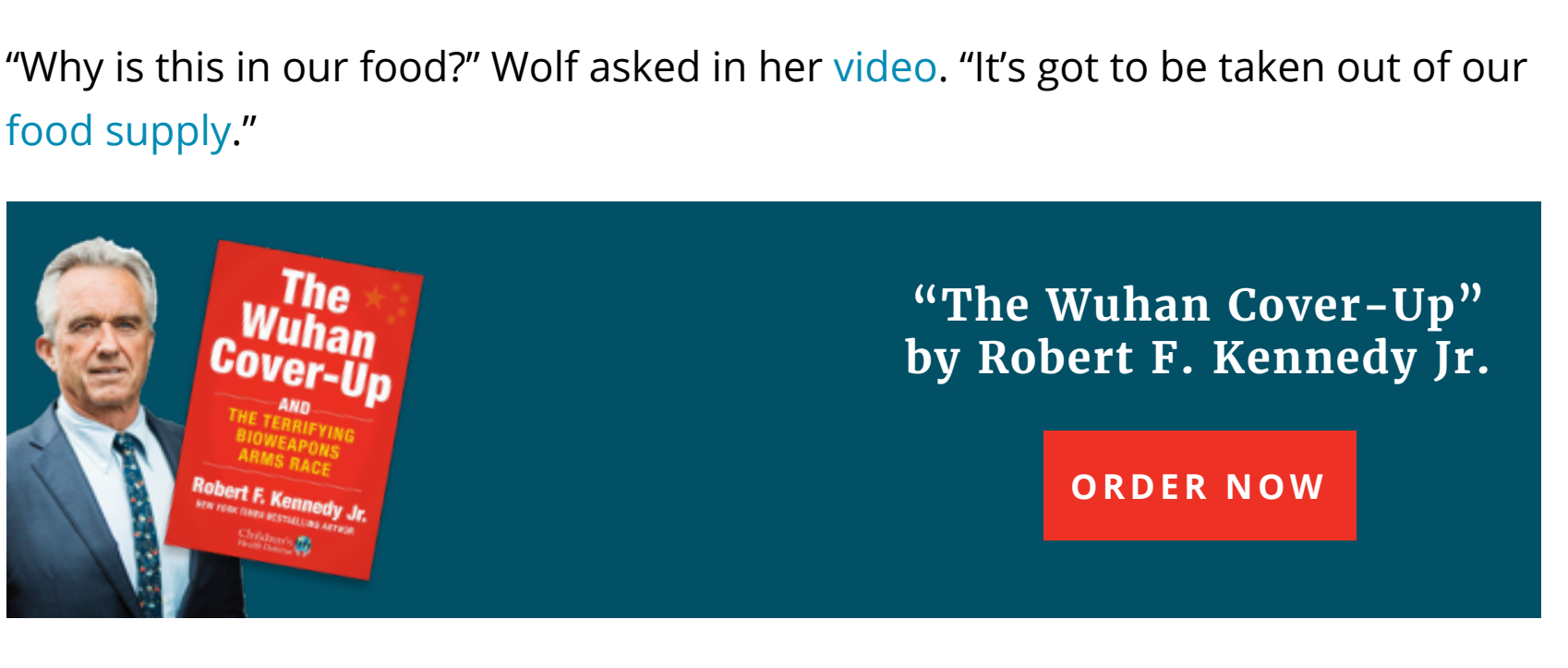
Sodium aluminum phosphate is an additive used in food products as an emulsifying agent, leavening acid and stabilizer. It is a white, odorless solid slightly soluble in water.

The ingredient is commonly found in commercially baked goods such as cakes, muffins and biscuits, and self-rising flours and baking powders. It is also used in processed cheeses to improve texture and melting properties.

The prevalence of sodium aluminum phosphate in school lunches and fast food items, such as pizza dough and hamburger buns, is concerning, Wolf said.

"This is what your child is eating," she said. "This is what you are putting inside your body when you eat muffins, fast food, hamburger buns, frozen pizza, cereals and almost any kind of processed baked good."

"Why is this in our food?" Wolf asked in her video. "It's got to be taken out of our food supply."



"The Wuhan Cover-Up" by Robert F. Kennedy Jr.
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Safety concerns and handling precautions

Innophos' Actif-8 brand safety data sheet classifies sodium aluminum phosphate as a "hazardous substance or preparation" that can cause serious eye damage, skin irritation and respiratory irritation.

The safety sheet also warns users to "avoid breathing dust/fume/gas/mist/vapours/spray" and to "wash thoroughly after handling." And it advises wearing protective gloves and eye or face protection when handling the substance.

If inhaled, sodium aluminum phosphate "may cause upper respiratory tract irritation," according to the safety sheet. Ingesting large quantities could also lead to abdominal cramps, nausea, vomiting and diarrhea.

Despite these warnings, Wolf noted that the same substance is widely used in food products without any apparent safety precautions for consumers.

"People who handle this product have to suit up and ventilate and avoid eye and skin and lung irritation," she said. "So this is what your child is eating."

Studies on aluminum's reproductive toxicity

Wolf cited a summary of peer-reviewed scientific literature on aluminum reproductive toxicity by Robert A. Yokel, Ph.D., published in Critical Reviews in Toxicology. The review found aluminum exposure can lead to adverse reproductive outcomes in male and female mammals.

Yokel's analysis revealed that "male reproductive endpoints were significantly affected after exposure to lower levels of Al [aluminum] than females." In both male and female mice and rats, increased aluminum intake resulted in higher concentrations of the metal in the fetus, placenta and testes.

The proposed mechanism for aluminum's reproductive toxicity involves oxidative stress as the initiating event, followed by increased DNA damage, impaired spermatogenesis and reduced testosterone levels and sperm count.

However, Yokel's review also noted the lack of controlled-exposure human studies on aluminum's reproductive effects, due to ethical concerns. Most of the available evidence comes from animal studies.

Christopher Exley, Ph.D., a researcher on aluminum toxicity and author of "Imagine You Are An Aluminum Atom: Discussions With Mr. Aluminum," lauded Wolf's efforts to bring the toxic effects of aluminum to a wider audience. However, he also said her claim (made in her video) that aluminum was in the mRNA shots was false.

"We live in the aluminium age and we cannot avoid coming into contact with it," Exley told The Defender. "It has a significant impact upon human health — including the male reproductive system."

Exley, a leading expert on aluminum toxicity, for nearly three decades, studied the effects of aluminum exposure on human health with his team at Keele University in the United Kingdom — including aluminum's link to autism.

In a 2014 study published in Reproductive Toxicology, Exley and colleagues provided "unequivocal evidence of high concentrations of aluminum in human semen," with concerning implications for spermatogenesis and sperm count.

In 2017, he published a study showing that two months of aluminum exposure at human dietary levels impaired spermatogenesis and sperm quality in rats.

Exley, who authors a Substack on the effects of aluminum on human health, said the issue has received little attention from public health authorities or the media. He also noted the aluminum industry has engaged in "pre- and post-publication censorship" to silence dissenting science.

In a recent article, "Thou Shalt Not Publish," Exley recounted how a "known aluminium industry troll" was invited to critique his seminal research on aluminum's role in Alzheimer's disease — years after its publication — in an unprecedented departure from peer review norms.

Keele University, which receives funding from the Bill & Melinda Gates Foundation, in 2021 shut down Exley's website and blocked funding of his research, which forced him to leave.

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'A chemical war on men'

Wolf said the effects of ingesting aluminum align with observed declines in masculinity, muscle mass and libido among younger males.

She suggested environmental factors like aluminum exposure could help explain increased rates of depression, weight gain and disinterest in sex among men.

"Not only does this additive cause hormonal damage to males, it causes brain inflammation and is linked to dementias and Parkinson's disease," she said.

Other potential sources of aluminum exposure Wolf noted include antacids, vaccines, cookware and even geoengineering projects that spray aluminum particles into the atmosphere.

She pointed to a "rapid response" article published in the BMJ by Dr. Giovanni Ghirga titled, "Solar geoengineering by injecting aluminum oxide aerosol into the lower stratosphere is a serious threat to global mental health."

"Is the delivery of various iterations of aluminum in systems all around us — especially in North America … not a bug, but a feature?" Wolf asked.

Wolf said she was "horrified" by her discoveries of a "chemical war on men" aimed at reducing traditional masculinity "including the ability to strengthen a physical relationship, and thus a family" or to fight in a "hot war."

"And one thing that you really want to do to an enemy country before you invade them formally is deplete the men," she said.

This war is targeting "our most vulnerable males, our preadolescent boys — in our school lunchrooms," she added.

FDA 'not responsible anymore'

Wolf criticized the U.S. Food and Drug Administration's (FDA) oversight of food additives, including sodium aluminum phosphate, citing the agency's "extraordinarily corrupt and negligent" handling of Pfizer's COVID-19 vaccine trials.

She also pointed out that the FDA has not recalled lead-contaminated cinnamon applesauce products, instead placing the burden on manufacturers and distributors to ensure their products are not adulterated with harmful chemicals.

"They [FDA officials] are announcing that they're not responsible anymore for making sure that products imported from overseas are safe to ingest," Wolf said. "So … buyer beware."

Wolf urged consumers to take a proactive approach to avoid aluminum-containing food additives. She recommended reading ingredient labels carefully and removing products with aluminum from our pantries.

As an alternative to aluminum-containing baking powders, Wolf suggested using aluminum-free options like Rumford and Bob's Red Mill baking powder.

"Friends, read the boxes. Clear out your cupboards. Bake from scratch, and save the hormonal levels of our men," she said.

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John-Michael Dumais
John-Michael Dumais is a news editor for The Defender. He has been a writer and community organizer on a variety of issues, including the death penalty, war, health freedom and all things related to the COVID-19 pandemic.

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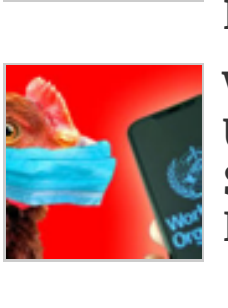

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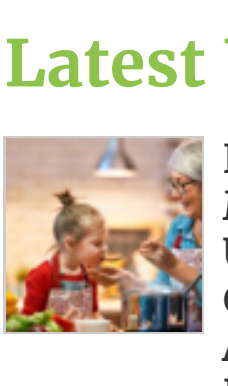

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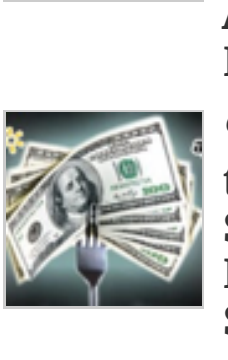

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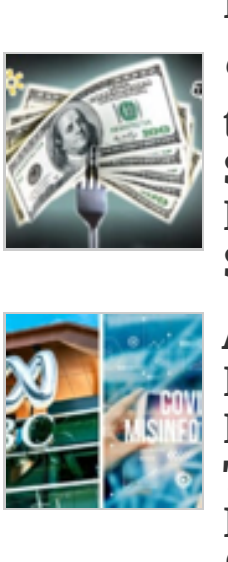

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BarbaraCharis
a month ago
The best way to avoid Sodium Aluminum Phosphate...don't eat processed foods it is in. It is in Wheat, which is in most processed foods. Wheat leads to 200 possible diseases per Dr. James Braly, M.D. who wrote Dangerous Grains. There are a number of books which state the same message. People need to read...and learn. Sodium Aluminum Phosphate is a health destroyer along with the processed foods it is in. America has gone downhill for a number of reasons ...and the foods Americans are eating have contributed greatly to this.
19 0 Reply

Polly Green → BarbaraCharis
a month ago
It's not always the wheat, but the "enrichment" or the commercial yeasts. I was told I was wheat sensitive but since I started grinding my own grain and making real sourdough starter, no issues.
Corn is a different matter. I became highly allergic to it when the gmo corn made its debut. The corn that's grown globally does dramatically decrease sperm counts and that's a story I wish this platform would investigate. It's a Bill Gates-owned product brought to you by Monsanto.
10 0 Reply

thetruthmaster1
a month ago
WOW, While reading this article, I went to my pantry and found 4x 6.5 Oz Packets of Mantia's Savory Italian Pizza Crust Mix. And sure enough on the Ingredients list it states: Contains 2% or less of the following Ingredients: Leavening (Baking Soda, Sodium Aluminum Phosphate). Well that crap is going into the trash now, and never using that again. Thanks for the tip. Seems these companies hate humanity, the FDA needs to be replaced. Way too much revolving door employees with the Big commercial food and drug industries rubber stamping every product invented that imitates food. They hate us.
15 0 Reply

BraveNewWhirled
a month ago
Bill Gates is able to single-handedly compromise so many politicians, bureaucrats, researchers, non-profits, and giant corporations for nothing more than his comparative lunch money.

He is a very wicked man with way too much influence in the world.
9 0 Reply

BChristine
a month ago
This is just one example of a whole slew. There are toxic ingredients in ALL ultra-processed foods, and the majority of processed foods (extra virgin olive oil would be considered "processed", but only contains one ingredient if in fact it is unadulterated).

Sadly, this is how our FDA and USDA oversee our food ... they DON"T. They are captured and working for the BIG Food/Ag Corporations who make these "foods".
8 0 Reply

Daniel Arnaud
a month ago
Exley and others recommend silica (e.g., Fiji water, horsetail herb) to detox aluminum.
6 0 Reply

Isthisthingon → Daniel Arnaud
a month ago
Food Grade Diatomaceous Earth is a great chelator/binder. Really inexpensive-but be sure of your source and that it is Food Grade. It is important to Fast so the body will go into house cleaning mode...the lymphatic system not only carries out waste but it also transports good and necessary elements for health, but it doesn't get a balanced chance to do both jobs when it is grossly burdened with toxins...one should drink distilled water with added fulvic minerals and lemon/apple cider vinegar...lots of Organically grown fresh herbs, like Cilantro-really good binder for metals, go along way in detoxing the body.

The fasting will also heal a leaky gut, which plagues so many people and they are not told this is their issue by the medical industrial cabal!

Sweating in general is good-sauna and exercise-or just good old' fashion hard work!

It is super hard these days, but one has to do all they can to stay in Parasympathetic Mode of Rest, Digest and Heal in order to actually heal.

Dr. Joel Wallach who was a veterinarian before becoming a Dr. and he has written
see more
6 0 Reply

Laurie Adamson → Daniel Arnaud
a month ago
Exley does not recommend diatomaceous earth or horse tail for removing aluminum. The only source of enough silica in the form of OSA to remove aluminum is mineral water. Dennis N Crouse has also tested many silica supplements and found they either do not have silica in the form of OSA or they do not have enough OSA to remove aluminum. I will find the table and post it here.
3 0 Reply

Laurie Adamson → Laurie Adamson
a month ago
Here is a quote from Chris Exley from this 'fact sheet'. "We have
investigated and
tested every so-called silicon/
silica supplement which is
available to buy and not one
of them can provide a high
and immediate level of silicic
acid for absorption across
the gut and into the blood."
Professor Christopher Exley PhD, FRSB https://www.silicawaters.co...
2 0 Reply

Laurie Adamson → Laurie Adamson
a month ago
Here is the testing showing DE, horsetail and other silica supplements do not have enough silica to remove aluminum.
2 0 Reply

jann
a month ago
If you use baking powder when baking, be sure to use aluminum-free baking powder.
3 0 Reply

Petrus
a month ago
Aluminum is toxic. Anything getting into the body that is or has forms of aluminum is BAD. Period. There were folks already back in the 70s who were telling everyone to ditch their aluminum-based cookware, because it got into the food you cooked. Same for baking powder. There are brands that don't have aluminum in them -- please use those.
2 0 Reply

Gail Trahd Morris
22 days ago
Although Exley said that aluminum is not in the mRNA shots, it is in some of the COVID vaccines as an adjuvant that are approved by the European Medicines Agency. I think it's important to distinguish this since many people associate the mRNA shots as the only shots used for COVID.
https://www.ncbi.nlm.nih.go... [First paragraph under table 1]
0 0 Reply

becky1948
a month ago
Andy Cutler, PhD, who wrote the book on mercury toxicity (Amalgam Illness, Diagnosis and Treatment) maintained that aluminum is retained in the body because of mercury toxicity. Indeed, in our support groups, we have found that aluminum will come down on a hairtest after chelation for mercury.
0 0 Reply

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